



# Bashan Newsletter



“Feed thy people with thy Rod, the flock of thine heritage; ...let them feed in Bashan and Gilead....” Mic. 7:14.

*“Only those who awake and reform (sigh) and endeavor to share with others (cry) the light that is shining upon them, receive the seal.”—The Answerer, Bk. 2, pp. 29, 30.*

Dear Brethren:

Summer greetings to everyone. After a very cold winter and wet spring, we welcome this sunny season. All credit, praise, and thanksgiving belong to God that created heaven and earth, the God of the Rod, for sustaining us thus far.

## IS IT WRONG TO SALUTE THE FLAG?

“...It is clear that one’s loyalty to his government is his pledge of allegiance to it—a salute to its flag. Altogether, therefore, we see that while on the one hand a man’s disloyalty to the divine government is a sin against God, on the other hand his disloyalty to his nation’s government is a sin against it, also indirectly against God, for disloyalty to one’s government is disobedience to God’s express command: ‘Put them in mind to be subject to principalities and powers, to obey magistrates, to be ready to every good work.’ Tit. 3:1. ‘Submit yourselves to every ordinance of man for the Lord’s sake: whether it be to the king, as supreme; or unto governors, as unto them that are sent by him for the punishment of evildoers, and for the praise of them that do well.’ 1 Pet. 2:13, 14.

“As the flag of a nation is not an idol or a fetish but a symbol, a standard, so the salute to it is not idol-worship, as some think, but rather public confession of one’s loyalty to the government of his nation, just as baptism is one’s confession of loyalty to the government of the Father, the Son, and the Holy Ghost.

“At divine behest, the Israelites made standards (flags) according to their tribes, for purposes both of identification and emblemification of their loyalty to that for which the standards stood. (See Numbers 2.)

“Clearly, then, to attribute idolatry to one for saluting his nation’s flag, would be to accuse God of forcing idolatry

not only upon His ancient people but, by their example, also upon the faithful of all time since!

“...We pledge our hearts, our minds, our hands, our all, first to the flag of God’s eternal kingdom, and to the Theocracy for which it stands, one people made up of all nations, and bound by the cords of everlasting love, liberty, purity, justice, peace, happiness, light and life for all....”—*Christ’s Greetings*, 13 Tract, pp. 33, 34.

A Davidian indeed, being loyal to the Association, God’s government on earth today, will also be a patriot and a law-abiding citizen wherever he resides.

“The ‘Spirit of truth’ makes it clear that no circumstance in life, be it ever so trying, will justify us in deviating from the plain path of duty. Paul declared that nothing would ‘move’ him, and that he was willing to die if necessary,

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only that his Lord might be glorified in his life and his nation saved.

“Says the Spirit of Prophecy: ‘To stand in defense of truth and righteousness when the majority forsake us, to fight the battles of the Lord when champions are few—this will be our test. At this time, we must gather warmth from the coldness of others, courage from their cowardice, and loyalty from their treason.’—*Testimonies for the Church*, Vol. 5, p. 136.”—*Symbolic Code*, Vol. 1, No. 15, p. 4.

As cold, cowardly Davidians become disloyal, how do we gather warmth and courage from their treason? Re-examine and confirm our beliefs and love of the Rod to the God of the Rod. Daily, solemnly affirm and pledge ourselves anew to God’s flag and government of the Davidian Seventh-day Adventist Association. Daily thank God for His keeping grace. Humble ourselves under His mighty hand.

“Behold the ‘elect of God’, once ‘the despised remnant,’ now ‘clothed in glorious apparel, never more to be defiled by the corruptions of the world. Their names are retained in the Lamb’s book of life, enrolled among the faithful of all ages. They have resisted the wiles of the deceiver; they have not been turned from their loyalty by the dragon’s roar. Now they are eternally secure from the tempter’s devices. Their sins are transferred to the originator of sin. And the remnant are not only pardoned and accepted, but honored. A ‘fair mitre’ is set upon their heads. They are to be as kings and priests unto God. While Satan was urging his accusations, and seeking to destroy this company, holy angels, unseen, were passing to and fro, placing upon them the seal of the living God. These are they that stand upon Mount Zion with the Lamb, having the Father’s name written in their foreheads. They sing the new song before the throne, that song which no man can learn save the hundred and forty and four thousand, which were redeemed from the earth. ‘These are they which follow the Lamb whithersoever he goeth. These were redeemed from among men, being the firstfruits unto God and to the Lamb. And in their mouth was found no guile; for they are without fault before the throne of God.’ ...”—*Symbolic Code*, Vol. 3, Nos. 11, 12, p. 7.

Brethren, let us make sure of receiving the seal of God by consecrating ourselves anew each morning to follow the Lamb whithersoever He goeth. Let us pledge our loyalty to the God of the Rod, to His Vanguard Association, its chosen leadership, and its ordained work.

## NEWS FROM BASHAN

### Memorial and Committal

**Service:** On May 16th, Sister Alflorece Johnson and her children bade farewell to her son and their brother, Donald Danté Brown. Brethren and friends were present at the Bashan Hill Cemetery in support of the family. On May



17th, a memorial service was held in the Bashan Chapel.

**Visitors:** We were glad to welcome Sister Cachitta’s son, Randy, and friend Kareem, also her nephew, Kim and his wife, Andrea.

Brother Rojel’s mother, Beverly Rose, and Mark Brooks, the son of Sister Helen and Sister Mona’s brother, spent two weeks with us.



**Seminar Reminder:** Dates for the 2023 Seminar are Monday, July 3rd to Sabbath, July 8th. Have you sent in your Application? The deadline for Seminar reservations is June 18th. Should you have special needs and/or concerns, please contact the Membership Department.



**Youth Camp Reminder:** Bashan Vanguard Youth Camp dates are Tuesday, July 11th to Wednesday, July 19th. Parents, are you preparing your children to attend and benefit from the camp? The deadline to apply is July 3rd.

**Bashan Day Celebrations:** The following are Bashan Day photos from Bashan and the world field.



Bashan Hill: After the Bashan Day program we all gathered in the chapel to have our picture taken.





Bashan Center: Bashan workers take time to celebrate in South Africa.



Zambia School of the Prophets: Students and brethren gather together to celebrate.



Ghana School of the Prophets: The students and staff joined together to celebrate and send to Bashan brethren the world over a Happy Bashan Day.

We encourage everyone to celebrate Bashan Day and share your day's celebration with us in pictures and letters. Bashan Day is one of our Davidian holidays.

## NEWS FROM THE SCHOOLS OF THE PROPHETS

**Commitment, Consecration, Consistency, and Control:** the keys to success.

Control or Self-governance is the Schools' watchword. Every student who has braved the challenges of going against the grain of their culture, family expectations, and cultivated and hereditary tendencies have had a long battle in developing this key component to becoming a self-respecting, industrious Davidian.

Those who have had the privilege to see the many pictures and hear of the advances of the Schools' development know that there are many activities taking place at every School, but we must keep in mind that not every soul who entered those hallowed corridors in the days of Samuel and Eli were able to overcome and become instruments in the hands of God.

The first School of the Prophets at Bashan was in 1989. The past students distinctly remember the experience, which impacted their lives, in regard to their relationship with God, the purpose of the message, and the work that they were being called to do.

The ongoing setting up and development of the Schools of the Prophets is one part of the Association's agenda. Through these Schools, the work of reformation in the church has been expanded to the foreign field, with the help of headquarters' workers, as well as dedicated workers and members in the countries where the Schools now exist.

The first purpose of the schools is to teach the students the Rod, in theory and especially in practice. The second purpose is to teach the students how to be successful field workers in the world work or as 2SC3, 4 workers in their home area. The school normally takes 2 years to complete.

### How To Join The School Of The Prophets

Any single brother or sister of good character, between the ages of 18 and 36, may apply to join the school. You can obtain an Application from Sister Karyl Bingham, Sister Betty-Ann Beckles or Sister Patricia Ferguson. If possible, a letter of recommendation should be submitted from your local leader or field worker. Your Application and letter of recommendation can be texted to one of the above School Directors via WhatsApp or emailed to: [schoolsoftheprophets@bashanhill.org](mailto:schoolsoftheprophets@bashanhill.org).

The Application and criteria forms are also available for downloading on the Association's website.

All applicants should be prepared to attend a 1-week orientation program at the nearest School. This gives them a chance to experience first-hand what life is like at the School. Daily activities are divided into two main segments. The morning period is spent on religious and educational subjects, and the afternoon is devoted to agricultural, construction, and other related work.

## FIELD WORKERS' HIGHLIGHTS

### THE PHILIPPINES

Last month we read about Brother Jon's first trip to the Philippines. We enjoyed the pictures of his visit to the island of Luzon. This month shares pictures of his visit to the islands of Bohol and Mindanao, accompanied by local fieldworkers.



Various group members in Bohol



Senior ladies choir at Bohol meeting.



Group picture of the brethren from the island of Mindanao.



Brother Jon Dodd and the local fieldworkers visit and fellowship with members from the Mindanao group in Cagayan de Oro.

Let us keep the field workers, their families, and the brethren in prayer, for the work is great but the workers are few.

### RECENT FIELD TRIP

#### GHANA

Below are recent photos of Brother Trevor and Sister Karyl's visit to Ghana.



At the School in Korforidua.



In Techiman.



Group photo of the meeting held in Madina.

"The business above all others which should draw and engage the energies of the soul, is the work of saving souls for whom Christ has died. Make this the main, the important work of your life. Make it your special life work. Co-operate with Christ in this grand and noble work, and



become home and foreign missionaries.”—*Messages to Young People*, p. 227.

## HEALTH NEWS

### LOWER BLOOD SUGAR AND A1C

High blood sugar is known as hyperglycemia and is associated with prediabetes and diabetes. Prediabetes is having high blood sugar but not at the level that constitutes having diabetes. The body naturally manages blood sugar levels by producing the hormone insulin. However, there are many factors that can disrupt this process, including the liver producing too much glucose, the body making too much insulin, the body not effectively using insulin, dietary choices, medications, a sedentary lifestyle, and stress. Roughly 50% of all adult Americans are either diabetic or pre-diabetic.

The test to measure A1C levels is different from the regular blood sugar test. It measures the amount of sugar that clings to the hemoglobin in your red blood cells. This test shows the average blood sugar levels over the past few months. Overall, your A1C level should be lower than 7%.

Here are some easy and evidence-backed ways to naturally lower your blood sugar levels:

#### Exercise

Excess sugar in your blood means that your body is not using that sugar for energy. Exercise helps to increase insulin sensitivity – more effective use of the sugar in your blood. Exercise also helps your muscles use blood sugar for energy and contraction. Routinely check your blood sugar before and after exercising in order to know how you respond to different activities, and also to keep your blood sugar from getting too high or too low. If you have a sedentary lifestyle, spending a lot of time sitting, consider doing “exercise snacks.” Every 30 minutes get up and walk around or do simple resistance exercises such as squats or leg raises. Actually, any activity that gets you up and moving, regardless of the intensity, is better than a sedentary lifestyle. Of course, when you have more time, there is weightlifting, brisk walking, running, biking, hiking, swimming, and many other activities to help keep you moving. You can choose whatever type of exercise you prefer as long as it’s a challenging workout. Both aerobic exercise and

resistance (weight) training lower A1C levels if they are part of a regular routine.

If chunks of time are at a premium for you, you can gain many benefits from shorter times. Break up the recommended 30 minutes per day into three 10-minute sessions throughout the day, five days a week, and you will meet the recommended 150 minutes per week goal.

#### Control Your Carb Intake



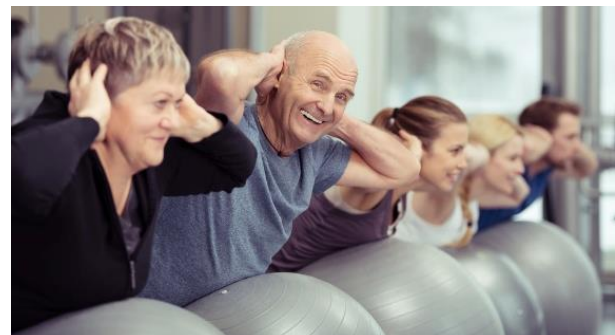
The carbs you eat directly impact your blood sugar level. The body breaks the carbs down into sugars and then your body produces insulin to help your body

store it to use for energy. When you eat too many or your insulin production is not working properly, the level of sugar in your blood rises.

Pay attention to the carbs you eat and the amount. Eating a low carb diet helps to reduce blood sugar levels and prevent after-meal blood sugar spikes. Use “whole grain” breads and pastas; leave refined flour products alone—“enriched wheat flour” is not your friend. Whole grains take longer to digest and therefore do not overwhelm your body with excess sugar in your blood.

#### Eat More Fiber

Eating fiber slows down carb digestion, therefore, eating fiber with your carbs will help to keep your carbs in check. There are two types of fiber, soluble and insoluble. Soluble fiber has been shown to have a positive effect in helping to manage blood sugar, while insoluble has not. Foods high in soluble fiber include



vegetables, fruits, legumes, and whole grains. Especially do cruciferous vegetables help to manage carb digestion. Eating broccoli, asparagus, cauliflower, brussels sprouts, or colorful peppers with a baked potato will keep the potato from spiking your blood sugar.

The recommended daily intake of fiber is about 25 grams for women and 35 grams for men.

### Practice Portion Control

Helpful tips for practicing portion control:



1. Pay attention to serving sizes. Read the labels to see how much is the per serving size. Not only will this help to control your weight, but it will help to keep your blood sugar from spiking from overeating the product. Also,

healthy portion sizes look different for different foods.

2. Avoid all-you-can-eat restaurants. For many, the cause is lost as soon as they go through the door. These eateries are set up for you to fail. For the price paid, it tends to be felt that one should “get their money’s worth.” Avoid these places; they mean you no good.

3. Use smaller plates. Get into this habit. It may take a while, but stick with it. Eating more food than your body needs causes your blood sugar to go up. Advice: fill half your plate with vegetables that are low in starch; one quarter with protein; last quarter with whole grains.

(To be continued.)

### FAMILY NEWS

#### Baby Dedications:

Unexpected baby dedications were performed on Sabbath, May 21st and 27th in Kumasi and Accra, Ghana by Brother Trevor Bingham. Brother Richard and Sister Christiana



Quartey dedicated themselves to God to raise Alby Rakia, born February 24, 2023, in the Davidian faith to the honor and glory of God.



Daniel Kristian Frimpong was born January 24, 2023 in Aputuogya, Kumasi, Ashanti to Brother Yaw and Sister Felicia Antwi. His parents dedicated themselves to raise

Daniel in the Lord and the Davidian faith.

Let us earnestly pray for these new Davidian families for the enemy of our soul’s salvation is after our families to destroy them. Real revival and reformation is needed in every Davidian home.

### IN CLOSING

#### THE GIFTS OF GOD

His gifts are greater than my dreams,  
The gifts of God to me;  
As countless as the sunset’s golden beams,  
As boundless as the sea.

I ask a part, He gives the whole—  
Himself, and all beside;  
His loving-kindness overflows my soul,  
Inrushing as the tide.

Within my heart He shall have place  
To rule and reign supreme;  
My voice will ever praise Him for the grace  
Of which I ne’er could dream.

His gifts are greater than my dreams,  
The gifts of Him who set me free;  
And more and more abundant daily seems  
The grace of God to me.

—J.B. Pounds

Sincerely yours to be ready to speak...in season and out of season, watching to win souls,

The Bashan Family

## A KINGDOM THAT WILL LAST FOREVER



### Daniel 2

One night, King Nebuchadnezzar had a strange dream. It bothered him so much that he could not sleep. He called his magicians in and said to them: 'Explain my dream to me.' They said: 'Tell us what you dreamed, O king.' But Nebuchadnezzar did not remember the dream and he again asked the wise men to tell him what he dreamed. They told the king: 'There is no man alive who can do that. What you ask is impossible.'

Nebuchadnezzar was so angry that he ordered that all the wise men in the land be killed. That included Daniel, Shadrach, Meshach, and Abednego. Daniel asked the king for some time. Then he and his friends prayed to God and asked him to help them. What did God do?

In a vision, God showed Nebuchadnezzar's dream to Daniel and gave him its meaning. The next day, Daniel went to the king's servant and said: 'Don't kill any of the wise men. I can explain the king's dream.' The servant took Daniel to Nebuchadnezzar. Daniel told the king: 'God has revealed the future to you. This is your dream: You saw a great image with a head of gold, chest and arms of silver, stomach and thighs of brass, legs of iron, and feet of iron mixed with clay. Then a stone was cut from a mountain, and it struck the feet of the image. The image was crushed into pieces and blew away in the wind. The stone became a large mountain, and it filled the earth.'

Daniel then said: 'This is what your dream means: Your kingdom is the head of gold. The silver is a kingdom that will come after you. Then there will be one like brass, which will rule over the whole earth. The next kingdom will be strong like iron. Finally, there will be a divided kingdom with some parts strong like iron and some parts weak like clay. The stone that becomes a mountain is God's Kingdom. It will crush all these kingdoms and will last forever.' Instead of killing Daniel, Nebuchadnezzar made him head of all the wise men and ruler over the province of Babylon.

### QUESTION TO THINK ABOUT

Can you see how God answered Daniel's prayer?

CIRCLE THE 7 WRONG THINGS IN THE PICTURE

COLOR THE PICTURE

